

NVMHI - Medical Screening / Clearance for Admission

Brief Description of Northern Virginia Mental Health Institute:

NVMHI is a 123-bed, freestanding, psychiatric facility with limited medical care capability. It has limited medical care capability for patients that require laboratory, x-ray or other diagnostic tests, therapeutics, oxygen or any kinds of drains or tubes. Stabilization of acute medical problems prior to admission is critical for patient safety. Medical stabilization (i.e., transfusion, sodium supplementation, lowering of BP) for the sole purpose of transport without providing active treatment or diagnosis of underlying condition is not sufficient.

Medical Screening

For an individual at a CSB, the following information is needed:

- Vital signs
- Urine dipstick
- Breathalyzer
- CSB Preadmission Screening Form

For an individual in a hospital, the above information and the following additional information is needed:

- Physical Exam
- CBC
- Urinalysis
- Comprehensive Metabolic Panel
- Urine drug screen and blood alcohol level

If the above results and described presentation of individual being assessed suggest a potential medical issue, additional tests may be required (i.e., Medical Clearance) to assure an individual's safety at NVMHI.

Medical Clearance:

Acute medical problems or intoxication may mimic psychiatric symptoms and is especially true in individuals who have no previous psychiatric history. Frequent causes of acute delirium include: pneumonia, infections, dehydration, organ failure, some cancers and CVA. These individuals should be treated in an acute care facility prior to admission to NVMHI. **To rule out medically induced psychiatric symptoms and to ascertain whether this individual can be appropriately treated at NVMHI, the following are essential for individuals with a suspected medical issue:**

- Physical examination
- CBC
- Urinalysis
- Comprehensive Metabolic Panel
- Urine drug screen & Blood alcohol level

Additional tests may be recommended depending on results to assure that this individual can be cared for at NVMHI.

A PCP is on call 24/7 and available for Dr. to Dr. communication to clarify what is needed for NVMHI to medically clear the individual. After the results are reviewed the NVMHI PCP medically clears the individual for admission and NVMHI admission staff or nursing supervisor (after 4:45PM) informs the CSB accordingly that NVMHI is ready to accept the individual. Only at this point should patients be transported to NVMHI.

Substance Abuse issues

NVMHI does not admit individuals who are intoxicated **and** have a history of withdrawal symptoms (i.e., DT's). NVMHI does not have the capability for intubation or providing ventilator support or inserting IV's if the need should arise. There is no specific cut-off point for BAL levels. We cannot accept an individual for admission if the patient is obtunded or is having difficulty breathing or regulating their airway or have an underlying medical condition that cannot be appropriately treated at NVMHI. We do not have access to Methadone after 4:45PM and cannot admit individuals that require Methadone.